

# Chili Soup Surprise

**Makes:** 100 servings

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Ingredients	Weight	Measure
Chicken broth		2 gal
Bell pepper, diced		9 cups
Onion, chopped		9 cups
Canned tomatoes, crushed or diced tomatoes, undrained	15 lb	
Granny Smith or Golden Delicious apples, shredded		6 cups
Chili powder		2/3 cup
Cumin seed		1/3 cup
Leaf oregano		1/4 cup
Red pepper flakes, crushed		2 Tbsp
White pepper		2 tsp
Canned pinto, navy, or kidney beans, rinsed and drained	12 lb	
Cooked, diced chicken, turkey or pork	12 lb	

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>196</b>	
Total Fat	5 g	
Protein	21 g	
Carbohydrates	16 g	
Dietary Fiber	2 g	
Saturated Fat	NA	
Sodium	605 mg	

## Directions

1. Add chicken broth, bell pepper and chopped onion to large pot or steam-jacketed kettle. Bring to boil; cover and simmer 20 minutes.
2. Blend in undrained tomatoes, apples, chili powder, cumin seed, oregano and white pepper, if desired. Continue cooking 10 minutes.
3. Blend in beans and meat. Continue simmering 30 minutes, or until soup is slightly thickened and thoroughly heated.